



Beautiful Inside and Out: Conquering Thyroid Disease with a Healthy, Happy, "Thyroid Sexy" Life

Gena Lee Nolin, Mary Shomon

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Baywatch star Gena Lee Nolin shares her story of undergoing and overcoming two decades of misdiagnosed thyroid disease and shows how the estimated sixty million Americans suffering from thyroid disease can learn to live healthy, happy, and beautiful lives.

The most comprehensive, user-friendly handbook available for anyone suffering from thyroid disease: everything you need to know to reclaim the happy, healthy, wonderful life you deserve!

Gena Lee Nolin, a star of the hit TV series *Baywatch*, was the picture of perfect health. Then suddenly she was plagued by a baffling array of symptoms: exhaustion, brain fog, bloating, depression, hair loss, and debilitating changes in energy, weight, and mood, culminating in lifethreatening symptoms during her pregnancy. Like millions of American women, Nolin was struggling with undiagnosed thyroid disease. Thyroid problems leave women feeling anything but beautiful, and often they find themselves stigmatized by friends, family, the media—even doctors. But it doesn't have to be that way!

Collaborating with *New York Times* bestselling author and internationally recognized thyroid patient advocate Mary Shomon, Nolin uses her own story to deliver practical information vital for anyone struggling with thyroid issues. Readers will learn how to get diagnosed accurately and treated effectively, how to lose weight, balance hormones, solve beauty challenges, and regain their self-confidence. Full of practical checklists, questionnaires, and advice from America's leading experts in thyroid and hormonal health, here is a heartfelt, helpful guide for women who are ready to feel strong, sexy, and beautiful again.

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Juan Elam:

The book Beautiful Inside and Out: Conquering Thyroid Disease with a Healthy, Happy, "Thyroid Sexy" Life can give more knowledge and also the precise product information about everything you want. Exactly why must we leave the best thing like a book Beautiful Inside and Out: Conquering Thyroid Disease with a Healthy, Happy, "Thyroid Sexy" Life? Wide variety you have a different opinion about reserve. But one aim which book can give many info for us. It is absolutely suitable. Right now, try to closer with your book. Knowledge or facts that you take for that, you may give for each other; you are able to share all of these. Book Beautiful Inside and Out: Conquering Thyroid Disease with a Healthy, Happy, "Thyroid Sexy" Life has simple shape nevertheless, you know: it has great and big function for you. You can appearance the enormous world by wide open and read a book. So it is very wonderful.

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Robert Carroll:

Playing with family in a very park, coming to see the marine world or hanging out with pals is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Beautiful Inside and Out: Conquering Thyroid Disease with a Healthy, Happy, "Thyroid Sexy" Life, it is possible to enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its known as reading friends.

Donna Davis:

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some other case, beside science reserve, any other book likes Beautiful Inside and Out: Conquering Thyroid Disease with a Healthy, Happy, "Thyroid Sexy" Life to make your spare time much more colorful. Many types of book like this one.

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